Useful Contacts List

These national organisations offer assistance, support, and, when relevant, confidential counsel and direction.

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| CAREERS ADVICE |
| National Careers Service – a service that provides confidential advice, support and information for people aged 13-19. | <https://nationalcareers.service.gov.uk/>0800 100 900 |
| JOBS AND WORK |
| Indeed - With Indeed, you can search millions of jobs online to find the next step in your career. With tools for job search, CVs, company reviews and more | <https://uk.indeed.com/>  |
| RIGHTS AND LEGAL ADVICE |
| ACAS –offers free, confidential and impartial advice on all employment rights issues. | [www.acas.org.uk](http://www.acas.org.uk) 0300 123 1100 |
| Citizens Advice – a network of offices that provide free independent advice about legal issues, money, benefits and other problems. | [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) 0808 223 1133 Webchat available |
| CHILDCARE |
| Childcare Link – information about local services that provide registered childcare and a search facility to find local childcare providers | <https://www.childcare.co.uk/>  |
| COUNSELLING |
| Cruse Bereavement Care – a charity that offer free emotional support, help and advice to anyone affected by the death of someone close to them | [www.cruse.org.uk/](http://www.cruse.org.uk/) 0808 808 1677 |
| National Debt line – a national helpline that provides free, confidential and independent advice on how to deal with debt problems. | [www.nationaldebtline.org/](http://www.nationaldebtline.org/) 0800 808 4000 |
| DRUGS AND ALCOHOL |
| FRANK – a free confidential helpline (will not show up on phone bill) and website giving information about drugs and their effects. It also gives information about getting help with drug problems | [www.talktofrank.com/](http://www.talktofrank.com/) 0300 1236600 |
| GOVERNMENT DEPARTMENTS |
| Employing an apprentice – Legislation andinformation on employing an apprentice | [click here](https://www.gov.uk/employing-an-apprentice/pay-and-conditions-for-apprentices#:~:text=Apprentices%20must%20work%20towards%20an,need%20to%20pass%20their%20assessment) |
| HEALTH AND WELFARE |
| Bullying UK – advice and support on a range of bullying related issues, including cyber bullying. | [www.bullying.co.uk](http://www.bullying.co.uk) 0808 800 2222 |
| Childline – The UK’s free 24-hour helpline for children in distress or danger. Trained volunteer counsellors’ comfort, advise and protect children and young people. | [www.childline.org.uk](http://www.childline.org.uk) 0800 1111 |
| Everyone’s Invited - A place for survivors to share their stories. Everyone’s Invited’s mission is to expose and eradicate rape culture with empathy, compassion, and understanding. | <https://www.everyonesinvited.uk/>  |
| Go Smoke Free – expert advice and support on how to quit smoking and improve your health. | <https://www.nhs.uk/better-health/quitsmoking/> 0300 123 1044 |
| Lesbian and Gay Switchboard – advice about sexuality. | <https://switchboard.lgbt/> 0300 330 0630 / chat function on site |
| NHS Direct – a confidential health advice and information service | <https://111.nhs.uk/> 111 |
| NSPCC – a 24-hour service run by qualified social workers. Offers advice and help to children experiencing problems at home, school or anywhere else. Adults can also contact the organisation if they believe a child, they know is being abused or neglected. | [www.nspcc.org.uk](http://www.nspcc.org.uk) 0808 800 5000 |
| Samaritans – this is a 24-hour phone and email service for people who need to talk confidentially about a problem. The site also holds a list of local offices if you need to talk to someone face-to-face. | [www.samaritans.org](http://www.samaritans.org) 116 123 (free) |
| Shelter – the housing and homeless charity. They provide free national housing advice. | <https://england.shelter.org.uk/> 0808 800 4444 Webchat available |
| Woman’s Aid – help and support for those suffering from domestic violence | [www.womensaid.org.uk](http://www.womensaid.org.uk) 0808 2000 247 |
| USEFUL LINKS FOR YOUR PROGRAMME |
| Health and Safety Executive – information on regulations and legislations. | <https://www.hse.gov.uk/>  |
| OneFile - Learners use OneFile to build a portfolio of evidence against the criteria, and tutors can access their portfolio to track their progress and offer feedback. | OneFile Support Team support@onefile.co.uk  |